



## Upcoming Events



### NCFADS Summer School

August 1 - August 5

For more information, visit  
[www.ncfads.org](http://www.ncfads.org).

### Parents Undefeated: Educated - Equipped - Empowered

September 10, 9AM - Noon  
The "SPOT" - Wilson, NC

### Family Day

September 26

A Day to Eat Dinner with your  
Children.

[www.casafamilyday.org](http://www.casafamilyday.org)

### Red Ribbon Week

October 23 - October 31

To add your event to our calendar,  
contact us at (252) 237-1242 or  
[elizabeth@ncparentresourcecenter.org](mailto:elizabeth@ncparentresourcecenter.org).

## Teen athletes are more likely to drink alcohol

Active youth who participate in team sports are less likely to smoke tobacco or marijuana or use other illicit drugs, but they are more likely to frequently consume alcohol.

While research provides only theories as to cause and effect of this athlete/alcohol link, experts say one way to discourage these youth from drinking is to educate them on the detrimental impact alcohol has on their minds and bodies, as well as their athletic performance.

### Sobering statistics to share with your young, aspiring athletes:

- Approximately 14 days of training effect is lost after one night of drinking = Two weeks worth of training, wasted.
- Alcohol suppresses your training hormones for up to four days = You may show up to practice, but no improvement comes, because the hormones you need to gain training results and conditioning are not there.
- Athletes need to be fast on their feet and quick to react, but alcohol impairs reaction time for up to 12 hours after consumption = Head to practice the next day (following a night of drinking) and it will show in your performance.
- Before a high school athlete even steps foot onto the field, court, ice, etc., overall performance potential is lowered by about 11.4% after recent heavy drinking = Your potential of achieving personal "best" just decreased.

A quote to consider, by John Underwood, Director of The American Athletic Institute, *"Remember when you are partying, that somewhere, someone is training...and when you meet them, they will beat you."*

Optimal performance and competitive edge, both on and off the playing field, begins with a healthy, substance-free mind and body.

Resource Link: [AmericanAthleticInstitute.org](http://AmericanAthleticInstitute.org)

*Sources: The American Athletic Institute, National Institute on Drug Abuse, Addiction: Substance Use and Exercise Participation Among Young Adults: Parallel Trajectories in a National Cohort-Sequential Study, 2011, Drug-Free Action Alliance of Ohio Know! Program.*

### Setting limits is worth the effort

Research shows that teens whose parents set rules smoke less, delay sexual activity and do better in school. A recent study by the Kaiser Foundation found that kids whose parents set any time or content limits for TV, video games, computers, cell phones and other media were plugged in for 3 hours less each day. Another recent study published in *Sleep* magazine (1/2010) found that teens who had a bedtime of 10 p.m. or earlier, set by parents, got more sleep and were less likely to be depressed or consider suicide than those allowed to stay up past midnight. Additionally, teen drivers whose parents set and enforced rules were more likely to wear seat belts and less likely to speed, get in crashes, drink and drive, or use cellphones while driving (published in *Pediatrics*, 9/2010).

### Visit us online to learn more

[Click here to visit our website.](#) You can find helpful information, links to resources, sign up for our e-alerts, and view our e-newsletter archives.

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The mission of the Parent Resource Center at Families in Action is to expand prevention capacity in North Carolina by supporting parents, schools, community coalitions, and others interested in increasing parental engagement in substance abuse prevention among youth. Core support for the Parent Resource Center is provided by the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services.